

Program Guide



Term 4

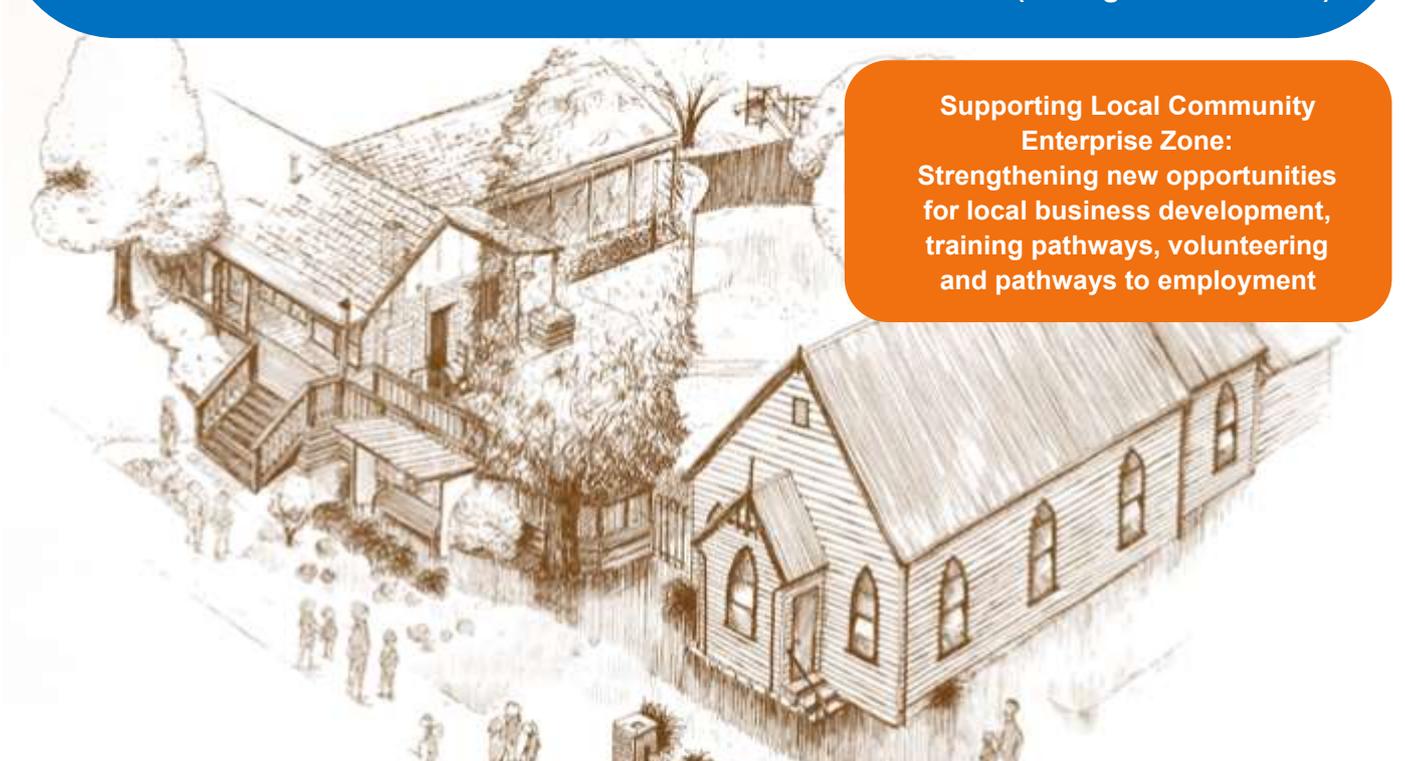
(October 8th - December 21st 2018)

Semester 2

Short course programs, children's programs, local events, venue hire, activities & community projects

*All Welcome
please come in
& say hello*

Office open
Monday - Friday
9am - 4pm
(During School Terms)



Supporting Local Community Enterprise Zone:
Strengthening new opportunities for local business development, training pathways, volunteering and pathways to employment

*Our Vision is to be a place where connections are made and opportunities are realised.
Our Mission is to consistently meet the needs of the community by providing quality community development activities, programs and services.*

Emerald Community House Inc.

356 - 358 Belgrave-Gembrook Rd, Emerald VIC 3782
Telephone: 03 5968 3881 Email: emhouse@iinet.net.au
www.emeraldcommunityhouse.org.au

'Find us' on Facebook - www.facebook.com/emeraldcommunityhouse



Membership, Course Enrolment Details & Conditions

Membership Fees

\$10 for individuals and \$15 for families applies to all users accessing any of the services at Emerald Community House (ECH). The membership fee is an annual fee from January to December and goes towards House facilities and maintenance, community grant support, insurance, free community wifi and other house expenses. Further details online.

Course Enrolment

Enrolment/membership forms are available at the office or online www.emeraldcommunityhouse.org.au. Course cancellations may occur if minimum class numbers aren't achieved. Terms/Conditions are also online. NOTE: Course times and activity details are correct as at time of printing, but may be subject to change at the discretion of management.training to people from all walks of life.

Dig In Community Cafe

The Dig In Community Café is an ECH initiative to promote community volunteering, job skills and connections. ECH practices community dining as an exercise in preparedness and community engagement. Run by community volunteers under the House Manager, The Dig In Community Café provides a range of volunteer opportunities including menu planning, food preparation, cooking, venue setting, set-up, pack up and dishwashing. Donations are kindly accepted to keep the café going.

Volunteers and diners all enjoy a fun night and it's a great outlet to make new friends and eat together around the community table. This takes place on the last Friday of every month, unless otherwise posted. Other community groups are encouraged to get involved and run a Dig In Community dining event of their own.

Volunteers and food donations always welcome!

Thank you to all of our Dig In Community Café regular sponsors (Emerald Woolworths, Emerald Bakery & Cockatoo Bakery) and our wonderful team of volunteers!

Dates: Friday November 30th, December 21st
Venue: ECH Hall
Time: 6-8pm



The Dig in Community Café is one of a collection of programs recognised by Monash/EMV Resilience Compendium in Victoria and EMV's Community Resilience Framework

Dandenong Ranges Repair Café — Free Workshop

Come along to the next session on **Sunday November 18th between 12-2pm** at Emerald Community House during the Market and meet others interested in promoting sustainability projects.

Find out more about the International Repair Café movement at www.repaircafe.org

Bring any broken items to be repaired by volunteers, including small household appliances, clothes, bikes, jewellery, bags and small pieces of furniture. Items need to be easily handled and transported by you. Further details for the session will be promoted on online.



Supported by volunteers, Emerald Community House and the Upwey Township Group Tool Library, this project is looking for more people with practical skills to help at sessions throughout townships in the hills. Enquire via the website below to get involved and support the reduction of waste, learn new skills and meet wonderful people sharing their knowledge and encouraging others to repair rather than replace.

www.dandenongrangesrepaircafe.community

facebook.com/dandenongrangesrepaircafe

Spring is busting out all over

The success of the Emerald Messenger as a social enterprise community journal is driven by the hills communities who have vigorously embraced the new publication. From businesses to community groups, festivals and events, contributions for content, ads promotions and personal stories have poured into our overflowing inbox. While some would promote that paper media is dead, we have found that the reverse is true. We continue to exceed our printed targets for the area and yet the public call for more. While everyone is able to download a copy or read online, people still demand a paper copy to peruse over a coffee or at home in front of the fire. We encourage people to share their copies with others when they are finished if they are prepared to give up this important local resource. We readily welcome story contributions from the community and this has provided a great pathway for locals to tell their stories and engage with others. This is how people can feel included, valued and welcomed in a participatory environment.

Spring brings more opportunity to be involved with community events under increased sunshine with any luck. The Dig In Community Café will run next on Friday November 30 plus we are looking at partnering up again with another community group for the December dining, to be held on December 21 instead of the last Friday in December. The Twilight Market, December 7, is a real crowd pleaser along with our regular monthly market. It provides another opportunity to shop locally for unique Christmas gifts for others as well as special treats that we can just give to ourselves. Supporting local trade and reducing travel to traffic clogged malls can help keep our festive cheer in check and leave more time for celebrating with friends where we live.

Cooking and garden classes are on offer this term as well as courses to improve your job skills. Christmas is a good time to gain employment so sign up for Hospitality Work Ready Training and gain an accredited qualification. But hurry as this course is the last to be run for 2018. Grab a friend or your older children and sign up!



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Health & Wellbeing

QiGong for Health & Healing

Course Code QG

With Maxine Gardner

QIGONG, (*chi gong*), from which Tai Chi originated, uses the same principles of combining breath-work, movement and stillness to improve the quality of life on all levels. The purpose of these ancient exercises is to seek stillness (relaxation) in movement (chaos). Bringing these aspects into balance will help to provide participants with practical tools for coping with the daily stresses of everyday life. QiGong can improve flexibility, balance, and coordination. It can be beneficial for with arthritis, recovering from surgery or illness. Or it can simply help those who wish to enjoy the practice of a beautiful and gentle way of being, contributing to their health at the same time. Please bring water & a blanket.

Dates: Thursday October 11th - December 13th (8 weeks) No classes November 1st & 8th
Time & Venue: 7pm - 8:30pm, ECH Hall
Course Fee: \$132 (inc GST) Casual class fee \$22 (inc GST)

Wellbeing Program

Course Code WP

With Karen Jinnette & Dianne Edwards

This free, popular and innovative wellbeing program provides a diverse and fun environment for people to engage in various physical and intellectual activities that can improve quality of health and wellbeing. The program takes place in an environment that includes carers to develop friendships, receive support from the group and develops a network with a variety of people and age groups.

We offer a range of structured fun activities to improve general wellbeing directed at people over 50. There is a focus on providing people with an opportunity to get together for social gatherings, informal discussions as well as providing valuable information. Carers who support loved ones, must attend together and are welcome. Our program is coordinated by volunteers & currently funded by ECH.

Dates: Tuesday October 9th - December 18th (10 weeks) Excluding November 6th
Time & Venue: 9:30am - 11:30am, Emerald RSL

Workplace Skills

Developing your Skills for the Workplace

Course Code DYSW

With Sharyn Thomas



Ideal for those with special needs, participants will learn a variety of natural and environmental crafts that interest them such as making soaps, recycled paper and cards and how to present them for sale. Students will run their own market stall at the Emerald Market to sell their creative works and gain confidence within a community environment. The money raised goes back into the group and community by funding for activities for special needs groups. We have two groups running.

Dates: Tuesday October 9th - December 18th (10 weeks) Excluding November 6th
Time & Venue: 10am - 12pm, ECH Hall Kitchen
Course Fee: \$80 (including materials and amenities fees)

Opportunities to Become a Tutor

Is there a course that you would like to run and have skills or experience in a particular subject?

We are always looking for local people who have a skill or experience which could translate into an adult education course, workshop or community enterprise. See details on our website for course ideas.

Enquiries: emhouse@iinet.net.au or 5968 3881

Volunteers needed at ECH for Tuesday class;
Developing your Skills for the Workplace

Literacy & Numeracy

Literacy for Adults with a Disability

Course Code ALFA

With Dianne Edwards



This course is geared for those who will benefit from basic numeracy and literacy skills in a small friendly group environment. Using fun and interactive methods, students will also increase their confidence and abilities to work in a group.

Dates: Monday October 8th - December 17th (11 weeks)
Time & Venue: 9:30am - 11:30am, ECH Hall
Course Fee: \$80

Everyday Literacy through Cooking

Course Code ALTC

With Sharyn Thomas



Participants will learn literacy, numeracy and food handling skills through practical cooking demonstrations and preparing their own recipes, incorporating the 5 food groups. Ideal for those with special needs, participants will learn the fundamentals of food safety and handling including use and sanitising of equipment, preparation and storage of ingredients and storage of food types including dairy, dry goods, fruit and vegetables, meat, seafood and poultry.

Hygiene procedures, identifying and preventing high risks and handling of waste items will be covered to provide safe practices and increase work place skills. Participants will also make up their own recipe book, using their literacy and numeracy skills while they learn how to prepare and cook a meal to take home and share.

Dates: Monday October 8th - December 17th (11 weeks)
Time & Venue: 12:30pm - 2:30pm, ECH Hall & Kitchen

Dates: Tuesday October 9th - December 18th (10 weeks) Excluding November 6th
Time & Venue: 1pm - 3pm, ECH Hall & Kitchen

Course Fee: \$80 each term, including materials & amenities fees
Materials: Special dietary needs - add \$20

Travel & Tourism

Introduction to Working in the Wine Industry

Course Code IWW

With Janette Connell



Interested in the wine making, varietals and what grows in our area? With the Yarra Valley right next door, you can look into working close to home with a commute through one of the most beautiful areas in Victoria. Why not combine with Intro to Travel and Tourism? An ideal starter course if you are seeking employment in a wine tasting venue, hospitality industry or pursue a career or further study in viticulture.

Dates: Thursday October 18th - December 20th (10 weeks)
Time & Venue: 1:30pm - 3:30pm, ECH Front Room
Course Fee: \$120

Introduction to Travel and Tourism

Course Code ITT

With Janette Connell



Ever thought of combining your love of travel into a career? What is involved? Can you work from home? What are the options? Explore the tourism industry and identify what skills are required whether you want to pursue a career or manage boutique travel interests like tours, group travel or develop a local tourism business of your own.

Dates: Thursday October 18th - December 20th (10 weeks)
Time & Venue: 10:30am - 12:30pm, ECH Front Room
Course Fee: \$120

Garden & Environment

All About Espaliers

Course Code AAE

With Peter Allen

Learn how to select the right trees to use, what espalier shapes to use for which species, creating and maintaining them. Prune for fruit or new growth, depending on when you do it, reduce workload by 90%.

Date: Sunday November 25th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture,
134 Invermay Road, Monbulk
Course Fee: \$104.50 (inc GST)

Cheese Making

Course Code CM

With Peter Allen

Learn to make both feta & camembert, but choose one to take home. Pot set yogurts (Greek or ABY) & Quark You will take home your own 3 products with you. We will also make ricotta to eat on the day and discuss making others such as brie, cream cheese & gourmet feta. This will be a full day course, learn how to make cheese at home using cow, goat or sheep's milk. All materials are supplied, full class notes supplied cover all these products. Please bring lunch to share.

Dates: Saturday December 8th (1 session)
Time & Venue: 9am - 4pm, Telopea Mountain Permaculture, 134 Invermay Road, Monbulk
Course Fee: \$137.50 (inc GST)

Cider, Perry & Fruit wine making workshop

Course Code CPF

With Peter Allen

We will look at different methods of making apple cider and the very popular perry-pear cider also apple cider vinegar. We will make a real and simple 5 day cider batch on the day. Identify proper cider varieties of apple or pear and how can you use what you have at home on your trees. We will also look at ways to turn any kind of your excess fruit into a dessert wine, & make a batch. This day will also include tasting cider & home made wines (strictly for over 18yr olds). Payment in required in advance with your booking. NB: Designing a "Cidery" is another class available on Saturday December 2nd

Dates: Saturday November 24th (1 session)
Time & Venue: 10am - 4pm, Telopea Mountain Permaculture, 134 Invermay Road, Monbulk
Course Fee: \$137.50 (inc GST) Includes a light lunch

Book Direct

Yoga (day & evening classes)

With Lisa Baker

With a focus on body awareness, delve into the subtler levels of how to store our emotions and thoughts in our body. Through asana (postures), pranayama (breath awareness) and meditation we aim to release the tensions in our bodies, emotions and thoughts can flow freely and clearly, moving with more freedom.

'Yoga for Back Care' Tuesday October 9th - December 18th (10 weeks)
7 - 8:30pm

'Gentle Yoga' Friday October 12th - December 21st (11 weeks)
10 - 11:30am

Book Directly

Phone Lisa on 03 5968 6997 for venue details & payment

Children's Programs

Occasional Childcare

Emerald Community House is a registered licensed childcare provider operating an affordable community based program. Occasional childcare is available on Monday, Tuesday (3 yr old +), Wednesday & Friday.

Sessions for 12mths - 5 year olds (Monday, Wednesday, Friday)
9:30am - 2:30pm \$40 per child

'Kidzplay' - 3 year old & over (Tuesdays)
9:30am - 2:30pm \$45 per child

Includes Spanish session run by *Pilar Nesvara* from 'Global Kids' which strengthens children's reading, writing and mathematic development and through diverse cultural experiences. Inspires imagination, compassion, empathy and builds a sense of belonging.

NEW Casual rate: \$10 per hour, per child (minimum 2hrs)

Our play & learning program offers lots of fun, love and social activities. Special experiences are provided each day, taking into account the children's natural interests, and designed to promote their social, physical, intellectual, language and emotional development.



'Bean Sprouts' Playgroup

Facilitator: *Adam Byron-Thomsen*

Our facilitated playgroup is turning green with a focus on sustainable practices and naturally fun activities. Sourcing recycled materials, feeding the worm farm, recycled paper mache fun, planting and playing in edible garden spaces and making craft from natural materials teaches kids about our environment from the start. This playgroup is the perfect introduction to our suite of childcare programs. Small children practice the fine art of getting along with others & trying new ways to play.

A regular playgroup can be great for mums, dads, grandparents and caregivers too, especially if they are new to the community and want to meet other parents with children.

Call to secure a place and join in having fun with your little ones as they explore the world.

Dates: Thursday October 11th - December 20th (11 weeks)
Time & Venue: 9:30am - 11:30am, ECH Child Care
Term Fee: \$71.50

Out-of-School Hours (OOSH) care

Emerald Community House is a registered licensed childcare provider operating OOSH program for each weekday and supervises travel between Emerald Primary School to ECH. The program is self-funded by ECH as a community enterprise.

A substantial and nutritious breakfast and afternoon tea is provided within the cost of the program. Fun activities include arts & crafts, books, board games, outdoor activities, games and lots more. Laptop computers and internet access are also available to use for homework.

Note: Extended operating times

Morning - 6:30am - 9am \$18 per child
Afternoon - 3:30pm - 6:30pm \$20 per child

Literary Arts

Developing your Writing Skills

Course Code DYWS

With Maria Millers



Would you like to develop your writing skills further, become an author, a literary critic or write moving editorials? In this course, while exploring different literary works and sharing your creative writing, you will be introduced to a range of creative writing techniques that will help to develop your own personal writing skills. This is a supportive atmosphere headed by a skilled teacher with some students already published or going on to be successful authors. You can too, starting with this course.

Dates: Friday October 19th - December 7th (8 weeks)
Time & Venue: 12:30pm - 3pm, ECH Hall
Course Fee: \$50 (including material & amenities fees)

Book Writers' Workshop

Course Code WW

With Heather Ellis



Ever wanted to write that book? Make a start? This course will take you through the steps of writing a book, promoting it, getting it published and finding out about attending literary festivals and events around the world. Of special interest is the memoir - a historical account or biography from personal knowledge. Heather Ellis, author of the acclaimed memoir, "Ubuntu", will take you down your memory lane and help you to collect your thoughts and get them organised. This course will run for two semesters to allow enough time to finish your book hopefully by the end of the year.

Dates: Wednesday October 10th & 24th, November 7th & 21st and December 12th (5 sessions)
Time & Venue: 7pm - 9pm, ECH Front Room
Course Fees: \$80 (including materials & amenities fees)

Sustainability

Introduction to Sustainable Design Practices

Course Code ISDP

With Adam Byron-Thomsen



Three main areas behind sustainable design will be investigated and their intersections explored: the environmental, economic and social. Designing for a sustainable future incorporates many possibilities, from large scale built environments and developments, to retrofitting of current structures; garden design, food growing and distribution; development and participation in community groups; local small scale economies & trade; individual energy sufficiency to promotion of broader buy in to green power networks; there is an exciting range of entry and exit points! Explore, envision and design for a sustainable future!

Dates: Thursday October 18th - December 20th (10 sessions)
Time & Venue: 7 - 9pm, ECH Front Room
Course Fee: \$80

Information Technology

Computers (Day Sessions)

Course Code CD

With Julia Foster



Learn all about the ins and outs of your computer in a supportive environment. Work at your own pace, guided by the tutor to help you learn what you need to know and are interested in such as simple documents, email and communicating through the internet. As your confidence grows learn about spreadsheets, inserting pictures or creating data bases. Participants can choose from Microsoft Windows operating system and Microsoft Office Suite (including Word, PowerPoint, Excel) and more.

Dates: Wednesday October 17th - December 5th (8 weeks)
Time & Venue: 12:30pm - 3pm, ECH Hall
Course Fee: \$70 (including material & amenities fees)

Workplace Skills

Hospitality Work Ready Training * (Course Code HT)

The Hospitality Work Ready Training is an accredited Work Skills program conducted over one day. It is aimed at providing participants the skills to be Work Ready to gain employment in the hospitality industry. During this hands on course participants will prepare a variety of dishes. Learn the fundamental skills to build your knowledge of the industry. Experience an insight into the professional operation of a commercial kitchen. Develop skills required to work in the ever expanding hospitality sector.



Skills covered in practical training & upon completion of workbook participants will achieve;

- SITXFSA001 Use hygienic practices for food safety
- SITHFAB002 Responsible service of alcohol

Date: Saturday December 8th
Time & Venue: 9am - 4pm, ECH Hall
Course Fee: \$75

* Please note: Individuals cannot be enrolled if they are currently studying as secondary students due to extra conditions for eligibility of participants for the Hospitality Training course. Please discuss any queries with the ECH Coordinator to confirm.

Provide CPR (Course Code HLTAID001)

Covering both the knowledge requirements and practical skills required to perform CPR on an infant / adult, the use of an AED, and the requirements for providing an incident/injury report.



Date: Saturday December 15th (1 session)
Time & Venue: 9.30am - 11.30am, ECH Childcare Room
Course Fee: \$70 per person (All prices include ECH admin fees)

Provide First Aid - Includes CPR (Course Code HLTAID003 - Blended Delivery)

The ability to deliver first aid can often mean the difference between life and death. Practical competencies in class, includes theory and assessments to be completed at home first.



Date: Saturday December 15th (1 session)
Time & Venue: 9.30am - 1.30pm, ECH Childcare Room
Course Fee: \$140 per person (All prices include ECH admin fees)

Cooking

Indian Cooking

Course Code IC *With Divesh & Neena Sareen*

Have you ever been keen to know how to make a real Indian roti instead of reheating the frozen ones? Want to be a perfect Indian chef yourself and make those yummy curries? Book in quickly to secure this great chance to learn in a small group environment. Participants will each make a 2 course meal to enjoy.

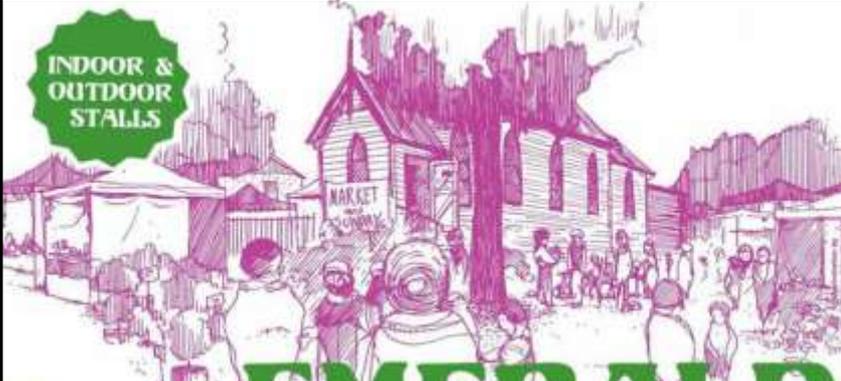
Dates: Saturday December 15th (1 session)
Time & Venue: 2 - 4pm, ECH Hall / Kitchen
Course Fee: \$30 (includes ingredients)

Indonesian, Sri Lankan & Afghan Cooking

Course Code IN *With Hanny Schoel*

Learn to make wonderful fragrant dishes that will inspire you to practice this cooking at home. We will cook Indonesian, Sri Lankan and Afghan dishes over 4 sessions.

Dates: Saturday November 10th, 24th, December 8th & 22nd (4 sessions)
Time & Venue: 10.30am - 2pm, ECH Hall / Kitchen
Course Fee: \$120 (includes ingredients)



INDOOR & OUTDOOR STALLS

EMERALD MARKET

3RD SUNDAY EACH MONTH

KILVINGTON DRIVE

9AM - 3PM

5968 3881

Find us on Facebook

echmarket@iinet.net.au

www.emeraldcommunityhouse.org.au

Upcoming Market Dates

Sun November 18th
 Twilight Market - Fri December 7th
 Sun January 20th
 Sun February 17th
 Sun March 17th
 Sun April 21st
 Sun May 19th
 Sun June 16th

Variety of Stall holders

Clothing
 Community Groups
 Drinks / Food
 Fresh Produce
 Gifts
 Health
 Handcrafts
 Jewellery
 Soy candles & more

Funds raised from market stall fees support the Emerald Community House not-for profit, events and programs



EMERALD Twilight MARKET

Friday December 7th from 3-8pm

Located in Puffing Billy Park
 Kilvington Drive,
 Emerald

Come and enjoy the festivities

- Music & Food
- Family fun
- Market Stalls
- Activities

Stallholder Applications Open Register online today!

Ph: 5968 3881
 Email: echmarket@iinet.net.au
 www.emeraldcommunityhouse.com.au
 356-358 Belgrave-Gembrook Rd, Emerald

